

SES1022M

Introduction to Psychological Principles Seminar 2

28/09/2015

DEVELOPING A LEARNING CONTRACT

A typical learning contract as used in higher education is a formal written agreement between the learner and a tutor which details what is to be learnt, the resources and strategies available to assist in learning it, what will be produced as evidence of the learning having occurred, how that product will be assessed and within what timeframe the learning will take place (Knowles 1975; 1986).

1. What are you going to learn this academic year? (what are the learning outcomes, what is to be learned?)

I am expecting to have a wide knowledge of psychological principles within sport. I am aiming to know 1 or 2 motivation theories in detail and be able to apply them within sport and give examples of each. I am also expecting to pass all assignments to the best of my ability and always give 100% at any task given to me throughout my time at university.

1. What is the best way to achieve those learning outcomes? (activities, strategies, tasks, environmental conditions. Attitude, behaviours)

The best way to achieve these outcomes is to always attend all scheduled lectures and practical’s and always have a positive attitude towards leaning. To always be organized and make sure I complete all work set and on time. Always prepare for sessions and review lecture slides to become familiar with the module material. I also believe its important to take part in as many tasks as possible to make sure I widen my knowledge on the module.

1. How will your learning and accomplishments being monitored?

My learning and accomplishments will be monitored through different tasks and assignments. I am aiming to at least pass all assignments set and make sure I complete all tasks as best as I can, even the ones I take less interest in.

1. What are the roles and responsibilities of those involved in your learning?

The roles and responsibilities of those involved in my learning are to always be supportive, provide quality learning material, encourage others in the group and work together. I always think its important that everyone does their part when working in a group and contributes to a joint effort for the final presentation.